

# DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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## FOR IMMEDIATE RELEASE

### H1N1 Flu Update

Novel Influenza A (H1N1) Virus

### **Shipment of H1N1 Vaccines Arrived in San Bernardino County**

A limited supply of the live intranasal H1N1 influenza vaccine (FluMist) arrived this week to various license healthcare providers and the San Bernardino County Department of Public Health. This is one of two types of H1N1 vaccines that will be available in the United States.

The San Bernardino County Department of Public Health will distribute the FluMist vaccine to specified priority groups within the general public. These groups include:

- Healthy children two to 18 years of age.
  - especially those younger than 10 years who are recommended to get two doses (30 days apart), and
- Healthy household contacts (two to 49 years of age) of individuals less than six months of age.

Subsequent supplies of the FluMist vaccine will be directed to healthcare workers, school nurses/health aides, and emergency medical services personnel who:

- Are 49 years old or younger,
- Have no underlying health conditions, and
- Have direct contact with patients or infectious specimens

Live intranasal H1N1 influenza vaccine (FluMist) **cannot be given** to:

- Pregnant women
- Anyone with a chronic health condition
- Children under two years of age and,
- Anyone in the priority groups who is 50 years of age or older.

MARK UFFER  
County Administrative Officer

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The Department of Public Health also expects to receive shipments of the inactivated H1N1 influenza shot vaccine by mid-to-late October. Clinic information will be provided as soon as the vaccine is ready for distribution.

The Department of Public Health has been working with community partners, including schools, community based organizations, businesses, and healthcare providers to ensure that the H1N1 vaccine reaches the target populations.

The Health Officer has provided guidelines to medical providers on limiting the spread of the disease. Contact has been made with the emergency managers in all the cities to assist with local planning efforts.

The Department is working with the Inland Counties Emergency Medical Agency (ICEMA), the California Department of Public Health (CDPH) and other partners to obtain any federal or state assets that may be in short supply. These preparations are important to ensure we have the materials and protocols in place to provide mass care, in event that our healthcare facilities become overwhelmed with patients.

### **Seasonal Flu Update**

County-wide clinics are already underway to vaccinate people against seasonal influenza. All residents are recommended to get vaccinated for both seasonal and H1N1 influenza.

### **Flu Facts**

In addition to getting vaccinated, the following measures provide the best way to prevent infection with influenza:

- Cough and sneeze into a tissue or your elbow. Dispose of the tissue after use
- Wash your hands often with soap and water and/or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth
- Avoid close contact with sick people
- Stay home from work or school and limit contact with others if you have flu-like symptoms
- If you become infected with influenza, wait at least 24 hours after a fever returns to normal, without the use of fever-reducing medications, before resuming normal activities
- Call a health care provider when symptoms of influenza are severe

For more information on seasonal flu vaccination, call the San Bernardino County Department of Public Health at (800) 782-4264, or visit the website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph).

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